

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

JANUARY 2016



Winter Storm Policy



- ◆ Check local news stations for notices of Middletown Public Schools.
- ◆ If schools are **CLOSED** for the day, there will be **NO PROGRAMS OR BUS TRIPS**.
- ◆ If schools have a **DELAYED OPENING**, there are **NO MORNING PROGRAMS OR BUS TRIPS**.
- ◆ If schools have an early dismissal due to snow/ice, **AFTERNOON PROGRAMS ARE CANCELLED**.

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed without a reservation.

The only set schedule operating is:
Traveling to the Senior & Community Center (Pick-ups):

South Green	Sbona Towers	OMH	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

REIKI

Free Demonstration January 8th at 10am



Reiki provides many of the same benefits as traditional massage therapy. The practitioner uses simple and gentle hands-on tech-

niques, or no-touch techniques and guided visualizations. Reiki relieves stress and pain and at the same time increases energy and a sense of relaxation. Documentation shows success in treating asthma, arthritis and post surgical procedures. Please join us on Friday, January 8th at 10am for a demonstration by Elizabeth Lupacchino. Appointments will be booked for Tuesday, January 12th and/or January 26th.

Early Bird Dinner—January 14th at 3pm

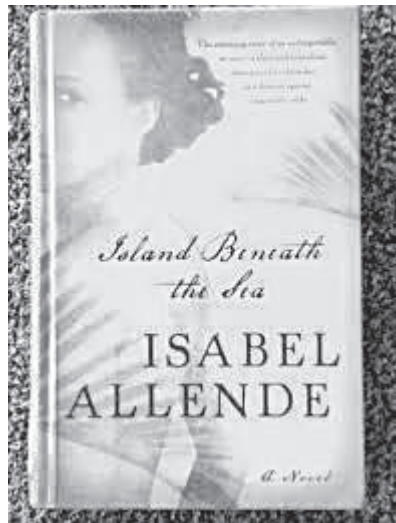
This month's afternoon dinner is Beef Stew, bread, and dessert. \$3 and pre-registration is required. The deadline to sign-up is 1/12. This is a sit-down event—no take out.



Monthly Book Club January 25th at 2:30pm

This month we are reading "Island Beneath the Sea" by Isabel Allende. The story opens on the island of Saint Dominique (current day Haiti) in the late 18th century. Zarite (known as Tete) is the daughter of an African mother she never knew and one of the white sailors who brought her into bondage. As a young girl Tete is purchased by Violette, a mixed race courtesan, on behalf of Toulouse Valmorain, a Frenchman who has inherited his father's sugar plantation. Valmorain has big dreams of financial success and is somewhat ambivalent towards slavery. He views it as a means to an end, as he does most things.

Upon Valmorain's marriage, Tete becomes his wife's personal slave. Valmorain's wife is fragile, beautiful, and slowly succumbs to madness. As Valmorain's wife goes mad, Valmorain forces Tete, now a teenager, into sexual servitude, which produces several illegitimate children. Spanning four decades, the narrative leaps between the social upheavals from the distant French Revolution to



the Haitian slave rebellion in all its brutality and chaos, to a New Orleans fomenting with cultural change. \$3 for the book. All are welcome to participate.

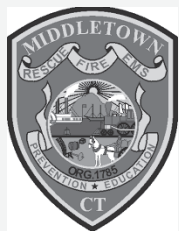
French Toast Breakfast Thursday, January 21st at 9:30am

This month's breakfast is a French toast with a side of bacon. The cooks this month will be Middletown Fire Department and Central



Communications personnel. The cost is \$2 and pre-registration is required.

The registration deadline is 1/19.



Baking with Ann Tuesday, January 12th at 1:30pm



required.

This month we will be making Oreo stuffed Cookies and Cream cookies. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is

Educational Health Seminar January 21st at 2:00pm

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Glaucoma is the leading cause of preventable blindness. Join us for an educational health seminar on Glaucoma presented by Janet Leonardi, RN.



Free Billiard/Pool Lessons Jan. 8, 15, 22 & 29th at 1pm



Join us for Billiard/Pool lessons with Frank Bronner.

This is for beginners only.
Fridays at 1pm

Coffee with Ann January 6th at 11am



This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments will be served.

January Birthday Party Tuesday, January 19th at 2pm



Sponsored by Water's Edge Center for Health and Rehabilitation. FREE

Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Senior & Community Center Guided Tour

If you haven't been to our center yet and would like a guided tour. We will be offering a tour on January 13th at 2pm.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Fridays at 11am led by Liz 11am (F)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—By appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays Dec. 1st & 8th at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our December winner, Frank Greco. Enter for a chance to win a free lunch, compliments of CW Resources.

November's Brain Teaser Winners

Sharon Anderson, *Barbara Annino, Lillie Cain, Carolyn Campagna, Nancy Clayton, Marie Daley, Joan Fazzino, Ray Hubbard, Nancy LaChase, Stu Larabee, Sue Larabee, Annabelle Malone, Sandra Steele, Rosemarie Vecchitto, Mary E. Willoughby.

Congratulations to all of our winners. Please stop by the Center to pick up the January Brain Teaser.

Volunteer Club Meeting January 6th at 10:30am

Come and find out how you can get involved!

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance.

The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

Computer Training / Tech Support Friday, January 15th 9am-11am

This free program is sponsored by Vinal Technical High School. Pre-registration is required.




Manicures

Friday, January 15th 9am-11am



Free manicures sponsored by Vinal Technical High School. Pre-registration is required.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed New Year's Day 
4 9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy	5 9:00 Mohegan Sun Casino Trip 9:30 Bunco 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth **NEW** 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting 2:30 Game Show	6 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 10:30 Volunteer Meeting 11:00 Coffee with Ann 12:00 Lunch 12:30 Ceramics 1:00 Bingo	7 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yam Knitting/Crocheting 1:30 Pizza & A Movie 2:00 Line Dancing	8 9:30 Zumba (DVD) 10:00 Reiki Demonstration 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 1:00 Billiard/Pool Lessons Last day to enter February bus trip lottery
11 9:00 Exercise 9:30 Bus Trip Lottery drawing—need not be present to be selected 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1-3 Middletuners Practice 1:30-2:45 Dancing for Joy	12 9:30 Bunco 9:30 IKEA/Fishtale Bus Trip 9:30 Reiki by appointment 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting 1:30 Baking with Ann 2:00-4 Ping Pong Available	13 9:00-9:45 Exercise 9-3 Footcare 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Guided Tour	14 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yam Knitting/Crocheting 2:00 Line Dancing 3:00 Beef Stew Dinner	15 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Billiard/Pool Lessons 1:00 Card Games in Multi-Purpose Room

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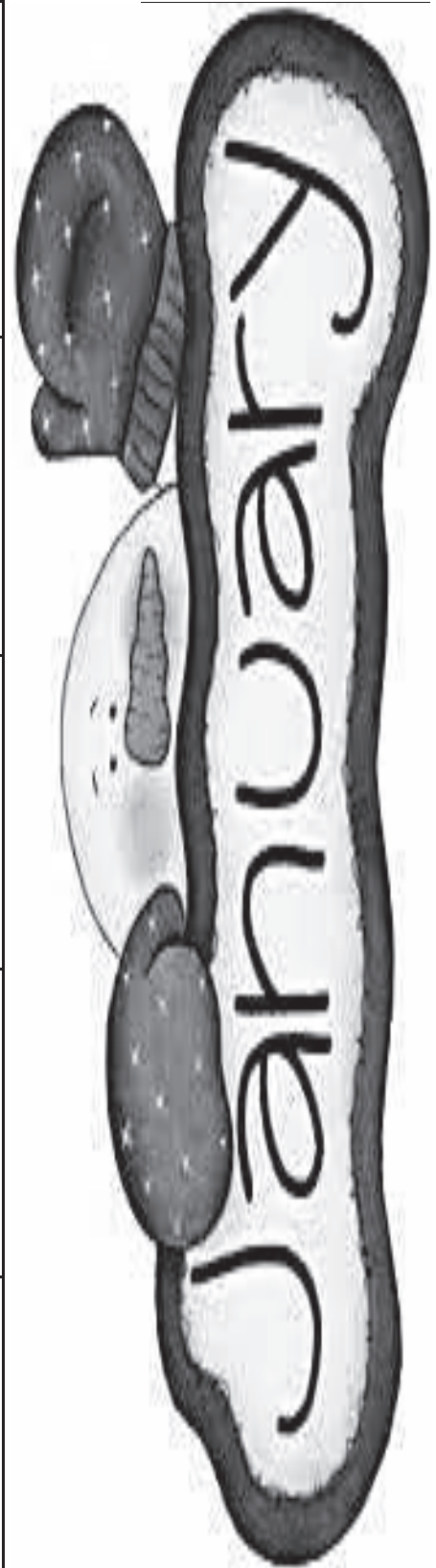
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 (Westbrook Office)
 4 Grove Rd.
860-669-5305

(East Hampton Office)
 240 Middletown Ave.
860-295-6440

<p>22</p> <p>9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Billiard/Pool Lessons 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi Purpose Room</p>	<p>29</p> <p>9:30 Zumba 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Billiard/Pool Lessons 1:00 Card Games in Multi Purpose Room</p>
<p>21</p> <p>9:00 Foxwoods Casino Bus Trip 9:00-12:00 Mahjong 9:30 Breakfast 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Health Seminar—Glaucoma 2:00 Line Dancing</p>	<p>28</p> <p>9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing</p>
<p>20</p> <p>9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available</p>	<p>27</p> <p>9:00-9:45 Exercise 9-3 Footcare 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available</p>
<p>19</p> <p>9:30 Bunco 9:30 Zumba (DVD) 10:00 Christmas Tree Shop/Cracker Barrel 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing A Long with Barbara 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting 2:00 January Birthday Party 2:00-4 Ping Pong Available</p>	<p>26</p> <p>9:30 Bunco 9:30 Zumba (DVD) 11:00 Somerset Square Max Fish 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting 2:00-4 Ping Pong Available 6:30 Civitan Bingo</p>
<p>18</p> <p>CLOSED MARTIN LUTHER KING JR DAY</p>  <p>Martin Luther King Day</p>	<p>25</p> <p>9:00 Exercise 9-3 Massage 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1-3 Middletuners Practice 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</p>





Bus Trips

January

5th—Mohegan Sun Casino (9-3) \$4
12th—IKEA & Fishtale (9:30-2:30) \$4
13th—Shepaug Dam Eagle Observation & Maggie McFly (10-3) \$4
19th—Christmas Tree Shop & Cracker Barrel (10-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
26th—Somerset Square & Max Fish (11-3) \$3

February

2nd—Foxwoods Casino (9-3:30) \$4
4th—Trader Joe's/Wood & Tap (11-3) \$4
9th—The Shoppes at Farmington Valley (10-3) \$3
11th—Mohegan Sun Casino (9-3) \$4
16th—Christmas Tree Shop/Cracker Barrel (10-3) \$4
18th—Yale Art Gallery (10-3) \$4
23rd—Foxwoods Casino (9-3:30) \$4
25th—Clinton Crossing Outlets & Fishtale (9:30-3) \$3

Pizza & A Movie

Thursday, January 7th at 1:30pm

This month's movie is "Mission Impossible Rogue Nation" starring Tom Cruise, Jeremy Renner, Simon Pegg, Rebecca Ferguson and Alec Baldwin....With the IMF now disbanded and Ethan Hunt (Tom Cruise) out in the cold, a new threat -- called the Syndicate -- soon emerges.



The Syndicate is a network of highly skilled operatives who are dedicated to establishing a new world order via an escalating series of terrorist attacks. Faced with what may be the most impossible mission yet, Ethan gathers his team and joins forces with Ilsa Faust (Rebecca Ferguson), a disavowed British agent who may or may not be a member of this deadly rogue nation.

The choices of pizza are; cheese, sausage, or veggie. Please indicate your choice when you pre-register by January 5th. \$3 to participate.

New Bus Trip Sign Up Procedure



Beginning on December 21st, members who are Middletown residents, can sign up for the bus trip lottery for February 2016 bus trips.

You may call or stop by any time between December 21st —January 8th to put your name into the lottery. No entries will be accepted after January 8th. The lottery drawing will take place on Monday, January 11th at 9:30am in the dining hall. You do not need to be present at this time.

All members selected in the lottery will be notified. You have until noon on Wednesday, January 13th to come to the front desk and pay for your trips. If your payment is not received by noon, you will forfeit your seats and they will be offered to the next person.



**January 5th
at 2:30pm**

Games such as Jeopardy and Wheel of Fortune will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.

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THANK YOU

Thank you to everyone who attended our 1st annual Holiday/Anniversary Extravaganza. We hope you had a great time!

Thank You!

Middletuners Practice Time Change

Our Senior Services' Chorus, the Middletuners will now be practicing on the 2nd and 4th Mondays of the month from 1pm-3pm.



 **Sing-Alongs Led by Barbara Arafeh**
Sing-along Join Barbara for a fun sing-along on January 19th from 12:30-1:30pm. No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month.

WESLEYAN WALKING PROGRAM
Ages 50+ Middletown Residents only
Monday-Friday 7:00 a.m.-9:30 a.m. During Wesleyan Spring Training: 8:30 a.m.—11:00 am
Location: Wesleyan University Freeman Athletic Center
Free, unsupervised program. Walk at your own pace.
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♦ Facility availability may vary due to Wesleyan events and activities.
♦ Proof of age and residency is required.
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